

## EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) AND SERVING SIZE FOR ENRICHED GRAINS/BREADS FOR THE FOOD-BASED MENU PLANING REQUIREMENTS SY 2013-14<sup>1,2</sup>

|   | WHOLE GRAIN RICH   |
|---|--|
| GROUP A   | OZ EQ FOR GROUP A  |
| <ul style="list-style-type: none"> <li>Bread type coating</li> <li>Bread sticks (hard)</li> <li>Chow mein noodles</li> <li>Savory Crackers (saltines and snack crackers)</li> <li>Croutons</li> <li>Pretzels (hard)</li> <li>Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>  | <b>1 oz eq = 22 gm or 0.8 oz</b><br>3/4 oz eq = 17 gm or 0.6 oz<br>1/2 oz eq = 11 gm or 0.4 oz<br>1/4 oz eq = 6 gm or 0.2 oz   |
| GROUP B   | OZ EQ FOR GROUP B  |
| <ul style="list-style-type: none"> <li>Bagels</li> <li>Batter type coating</li> <li>Biscuits</li> <li>Breads (sliced white, wheat, whole wheat, French, Italian)</li> <li>Buns (hamburger and hot dog)</li> <li>Sweet Crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>Egg roll skins</li> <li>English muffins</li> <li>Pita bread (white, wheat, whole wheat, whole grain-rich)</li> <li>Pizza crust</li> <li>Pretzels (soft)</li> <li>Rolls (white, wheat, whole wheat, whole grain-rich)</li> <li>Tortillas (whole wheat or whole corn)</li> <li>Tortilla chips (wheat, corn, whole wheat or whole corn)</li> <li>Taco shells (wheat, corn, whole wheat or whole corn)</li> </ul> | <b>1 oz eq = 28 gm or 1.0 oz</b><br>3/4 oz eq = 21 gm or 0.75 oz<br>1/2 oz eq = 14 gm or 0.5 oz<br>1/4 oz eq = 7 gm or 0.25 oz |
| GROUP C   | OZ EQ FOR GROUP C  |
| <ul style="list-style-type: none"> <li>Cookies<sup>3</sup> (plain - includes vanilla wafers)</li> <li>Cornbread</li> <li>Corn muffins</li> <li>Croissants</li> <li>Pancakes</li> <li>Pie crust (dessert pies<sup>3</sup>, cobbler<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)</li> <li>Waffles</li> </ul>   | <b>1 oz eq = 34 gm or 1.2 oz</b><br>3/4 oz eq = 26 gm or 0.9 oz<br>1/2 oz eq = 17 gm or 0.6 oz<br>1/4 oz eq = 9 gm or 0.3 oz   |

<sup>1</sup> The following food quantities from Groups A-G, TO BE WHOLE GRAIN RICH, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

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| GROUP D  | OZ EQ FOR GROUP D   |
|--|---|
| <ul style="list-style-type: none"> <li>Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (plain)</li> <li>Muffins (all, except corn)</li> <li>Sweet roll<sup>4</sup> (unfrosted)</li> <li>Toaster pastry<sup>4</sup> (unfrosted)</li> </ul>  | <b>1 oz eq = 55 gm or 2.0 oz</b><br>3/4 oz eq = 42 gm or 1.5 oz<br>1/2 oz eq = 28 gm or 1.0 oz<br>1/4 oz eq = 14 gm or 0.5 oz   |
| GROUP E  | OZ EQ FOR GROUP E   |
| <ul style="list-style-type: none"> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Sweet rolls<sup>4</sup> (frosted)</li> <li>Toaster pastry<sup>4</sup> (frosted)</li> </ul> | <b>1 oz eq = 69 gm or 2.4 oz</b><br>3/4 oz eq = 52 gm or 1.8 oz<br>1/2 oz eq = 35 gm or 1.2 oz<br>1/4 oz eq = 18 gm or 0.6 oz   |
| GROUP F  | OZ EQ FOR GROUP F   |
| <ul style="list-style-type: none"> <li>Cake<sup>3</sup> (plain, unfrosted)</li> <li>Coffee cake<sup>4</sup></li> </ul>   | <b>1 oz eq = 82 gm or 2.9 oz</b><br>3/4 oz eq = 62 gm or 2.2 oz<br>1/2 oz eq = 41 gm or 1.5 oz<br>1/4 oz eq = 21 gm or 0.7 oz   |
| GROUP G  | OZ EQ FOR GROUP G   |
| <ul style="list-style-type: none"> <li>Brownies<sup>3</sup> (plain)</li> <li>Cake<sup>3</sup> (all varieties, frosted)</li> </ul>  | <b>1 oz eq = 125 gm or 4.4 oz</b><br>3/4 oz eq = 94 gm or 3.3 oz<br>1/2 oz eq = 63 gm or 2.2 oz<br>1/4 oz eq = 32 gm or 1.1 oz  |
| GROUP H  | OZ EQ FOR GROUP H   |
| <ul style="list-style-type: none"> <li>Cereal Grains (barley, quinoa, etc)</li> <li>Breakfast cereals (cooked)<sup>5,6</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul>  | <b>1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry</b>   |
| GROUP I  | OZ EQ FOR GROUP I   |
| <ul style="list-style-type: none"> <li>Ready to eat breakfast cereal (cold, dry)<sup>5,6</sup></li> </ul>  | <b>1 oz eq = 1 cup or 1 ounce for flakes and rounds</b><br><b>1 oz eq = 1.25 cups or 1 ounce for puffed cereal</b><br><b>1 oz eq = 1/4 cup or 1 ounce for granola</b> |

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast. <sup>6</sup> Cereals must be whole-grain, whole grain and enriched/fortified cereal, or enriched.